



Hills & Hawkesbury Trail Riding Club Inc

Inc 9885065 linda@hanlon.com.au

Hills & Hawkesbury Horsing Around News

July/August 2021

Read on for PAST, PRESENT & FUTURE

Live, Laugh, Ride

Once again, the Covid19 has disrupted our lives and the lives of everyone around us, so there have been no organised Club rides. Hopefully at some point, we will be able to make up for lost time, and not just with our riding.

Your committee however, especially our secretary Linda Hanlon, have been busy getting the name of our Club changed giving it hopefully a new beginning with a makeover and face lift. Any ideas are most welcome.

We put the name change to all our members to vote - 99% yes.



Certificate of Incorporation as an Association on Change of Name

THIS IS TO CERTIFY

HILLS & HAWKESBURY TRAIL RIDING CLUB INC

is registered as an incorporated association in New South Wales
under the Associations Incorporation Act 2009

Registration Number	INC9885065
Date of Incorporation	6 February 2006
Name History	
	NAG NAG NAG TRAIL RIDING INCORPORATED from 06/02/2006
	HILLS & HAWKESBURY TRAIL RIDING CLUB INC from 29/07/2021

Issued by NSW Fair Trading on **29 July 2021**.

Rose Webb
Fair Trading Commissioner
NSW Fair Trading



Please note: The 'Along the 2021 Track' Calendar has been put on hold until this latest outbreak/lockdown is over. Hopefully some of us will still be able to ride and enjoy our horning around life style, keeping our horses fit and healthy!

Your 2021 Club Committee

<i>President</i>	Deb Webb (0425 201 662)
<i>Secretary</i>	Linda Hanlon
<i>Treasurer</i>	Nancy King
<i>Public Officer</i>	Lynne Livingstone
<i>Membership</i>	Jenny McClean
<i>Newsletter Editor</i>	Lynne Livingstone (lynnie.16@hotmail.com)
<i>Facebook Administrator</i>	Jenny McClean (0413 032 816)
<i>Ride Co-Ordinator</i>	Lynne Livingstone
<i>Subcommittee</i>	Colleen Carrington, Glenn Johnson, Ron Miller

**OUR CLUB IS PREDOMINATELY A WALKING CLUB
CATERING FOR ALL LEVELS OF RIDING**

Rides to Look Out For

- > Yango
- > Inscape - Sussex Inlet

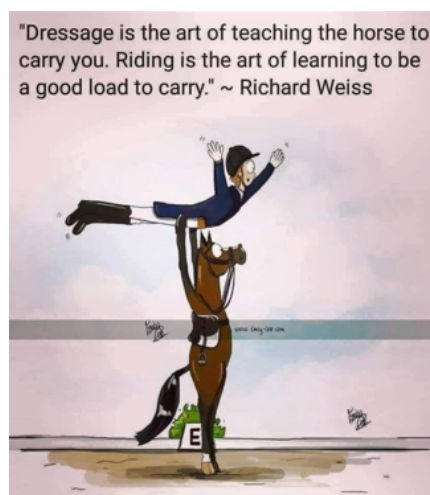
Both of these rides are camp overs – a lot of fun with plenty of riding (go away Covid19!!)

"Winners never quit, quitters never win"

Tips Corner

- A bunch of baling twine makes for a great sourer.
- For quick thawing, place frozen foods on a dishes drying rack.
- Use 'No Knots' in manes and tails to prevent pulling out of the hair or dirt sticking to the hair.

If you have anything you would like to advertise for sale, or anything for 'Tips Corner', please email to lynnie.16@hotmail.com



How does this happen?

My Mishap

I unfortunately had a bit of mishap on 14 May when I went to Cooranbong to participate in the Trail Boss Accreditation course. Arriving I was the first there. I made camp making an electric yard for Buddy horse and put up my tent.

At midnight, Buddy was going berserk, galloping up and down his electrified area. With my torch I checked what was wrong. There was a rather large stag and some other deer nearby. I decided to take Buddy to put him in the steel yard area. I hadn't put him there when we arrived because the yards were very damp/muddy.

Putting on the rope halter, when doing up the knot, we reefed his head around over mine taking my right arm with him. Pain, pain, and more pain!!! After managing to quieten him, I lead him up the hill to Robyn, the Central Coast Trail Horse Club, host of the event. We put Buddy in a steel yard.

The next day, I had the most massive haematoma on my bicep area and tried to hide the terrible pain I was in.

I completed both days of the course, including lots of writing with my right hand – yes I'm right handed. Cleaned Buds feet, saddled him and took part in the riding aspect of the course, including opening/closing a gate, leading a

horse with my right hand whilst mounted and walk, trot, canter. And yes – I did pass the Course.

To cut an extremely long story short, I went to my doctor three days later. My arm had been bleeding internally causing a lot of bruising. I had an ultra sound which proved that there was damage to my tendons. An appointment with Dr David Duckworth, (orthopaedic surgeon) then an MRI. He was horrified at the damage I had done.

I had to quit my plant nursery job, my tap dancing and Buddy went to Linda's for 7 weeks, I was operated on, on 15 June, to re-anchor the tendons I had ripped off/snapped including repositioning my bicep muscle/tendon, wore a sling for 6 weeks, and am now slowly getting back to driving. I started my physio sessions on Monday 9 August. Apparently a long road to recovery.

So no riding for me since the incident, and when I can get back in the saddle is anyone's guess... but I can't wait! I have someone coming each night to take care of Buds.

I wouldn't wish it on anyone what happened to me. Living at Galston with no public transport has been quite trying – having to walk but most of all being so incapacitated and no riding!
Lynne Livingstone



Horses are Vehicles

In 1916 horses were deemed as vehicles and still are to this day.

So what we have to remember is

- When riding our horses on the roads, unless it is not practical, we should ride on the same side of the road as if driving a motorised vehicle.
 - We should abide by all road rules.
 - We should NOT BE USING MOBILE PHONES.
 - We should not be over the legal alcohol limit.
-Just something to think about.

This Could Happen To You

The chances of this happening are pretty remote, but it could happen.

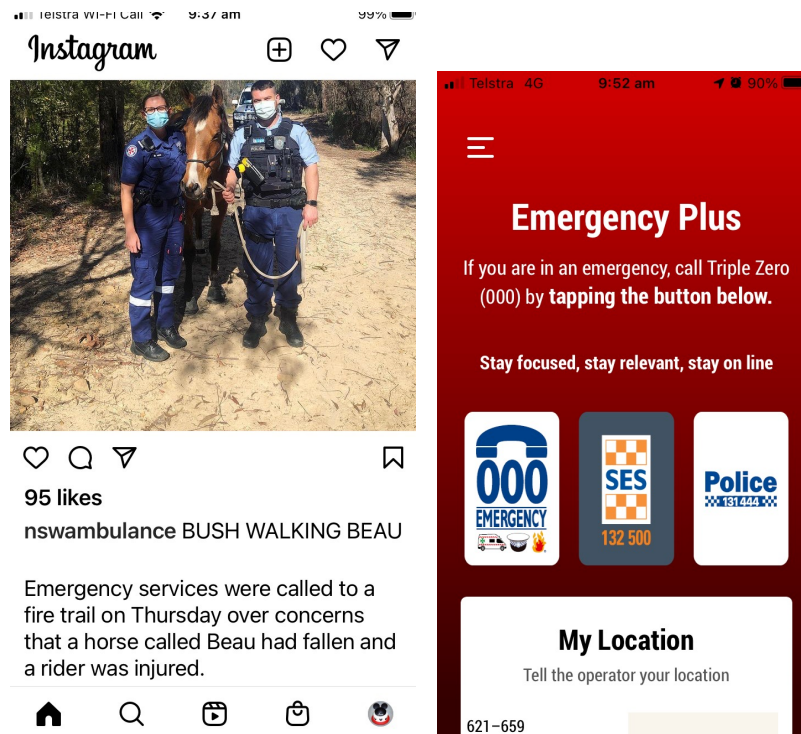
A friend, Leigh, was riding her horse Beau in the bush last Thursday (5 August) at Berrilee when the horse stumbled and fell landing on her. She was under Beau for a considerable time, to the point where she thought that they would both die.

Fortunately she had a crop with her and smacked her Beau on the rump several times to get him to move. Eventually she was able to slide out from under him. She realised that she had hurt her ankle, but had no idea that it broken bones.

Leigh managed to get Beau on his feet, but he fell again into some tee-tree which saved him from a serious fall - a long way down!

She was able to call the police. The paramedics arrived and she was transported to Hornsby hospital. A moon boot for 6 weeks and crutches.

Beau was very traumatised and has a lot of scrapes with hair/skin missing. Fortunately they will in time, both recover. *Lynne Livingstone*



If you have something of interest that you would like published, please email it to lynnie.16@hotmail.com at your earliest.



There is something about the outside of a horse that is good for the inside of a 'person'

STAY WELL AND SAFE!!